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Pre & Post Care Instructions for Chemical Peel Treatment

To ensure the best results and a smooth recovery, please follow these **pre-treatment, treatment expectations, and post-treatment** care guidelines.

How to Prepare for Your Chemical Peel Treatment:

- 1. Avoid Sun Exposure:**
 - Limit direct sun exposure for **at least 1 week** before treatment. Always wear **broad-spectrum SPF 30+ sunscreen** to protect your skin.
- 2. Discontinue Certain Skincare Products:**
 - Stop using retinoids (Retin-A, tretinoin), alpha hydroxy acids (AHAs), beta hydroxy acids (BHAs), and benzoyl peroxide **5-7 days** before treatment, as these can increase skin sensitivity.
- 3. No Waxing, Laser, or Exfoliation:**
 - Avoid waxing, laser treatments, microdermabrasion, or aggressive exfoliation on the treatment area for **at least 1 week** before your peel.
- 4. Stay Hydrated:**
 - Drink plenty of water to keep your skin well-hydrated before your appointment.
- 5. Avoid Blood Thinners:**
 - Refrain from taking aspirin, ibuprofen (Advil, Motrin), naproxen, and supplements like fish oil, vitamin E, garlic, ginseng, and ginkgo biloba for **3-5 days** before treatment to reduce the risk of bruising.
- 6. Inform Your Provider of Any Skin Conditions:**
 - Let your provider know if you have a history of **cold sores, active acne, eczema, or rosacea**, as additional precautions may be needed.
- 7. Arrive With Clean Skin:**
 - Do not wear makeup, lotions, or skincare products on the day of your treatment.

What to Expect During Your Chemical Peel Treatment:

1. **Cleansing & Skin Preparation:**

- Your provider will cleanse your skin and assess the treatment area before applying the chemical peel solution.

2. **Application of the Peel Solution:**

- A specially formulated chemical solution will be applied to the skin. You may feel a **mild tingling, warmth, or stinging sensation**, which is normal and temporary.

3. **Neutralization & Post-Treatment Care:**

- Depending on the type of peel, it may be neutralized and removed, or it may self-neutralize over time. Your provider will give you aftercare instructions.

4. **Mild Redness & Sensitivity:**

- Your skin may appear slightly red or feel tight immediately after the treatment. Peeling typically begins **2–3 days** after the procedure.
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Post-Treatment Instructions:

Immediate Aftercare (First 24–48 Hours):

1. **Do Not Wash Your Face for 12–24 Hours:**

- Avoid washing your face for at least **12–24 hours** after the procedure to allow your skin to absorb the treatment fully.

2. **No Picking, Peeling, or Scratching the Skin:**

- Allow the skin to shed naturally—**do not pick or peel** flaking skin, as this can cause scarring or irritation.

3. **Moisturize Frequently:**

- Apply a **gentle, hydrating moisturizer** multiple times a day to keep your skin comfortable and prevent excessive dryness.

4. **Avoid Sun Exposure & Wear Sunscreen:**

- Sun exposure can cause irritation and hyperpigmentation. Always wear **broad-spectrum SPF 30+ sunscreen** and avoid direct sunlight for **at least 2 weeks**.
5. **No Heat, Exercise, or Sweating:**
- Avoid hot showers, saunas, steam rooms, and intense workouts for **48 hours**, as sweating can irritate the treated skin.

Ongoing Care & Recovery:

1. **Mild Peeling Is Normal:**
 - Skin flaking or peeling typically starts **2-3 days** post-treatment and lasts up to **7 days**.
2. **Use Gentle Skincare Products:**
 - Stick to a mild cleanser, hydrating moisturizer, and sunscreen. **Avoid retinoids, acids, or exfoliants** for at least **7-10 days** or until peeling has stopped.
3. **No Makeup for 24-48 Hours:**
 - Avoid applying makeup for the first **24-48 hours** to prevent irritation.
4. **Monitor Your Skin for Reactions:**
 - If you experience **severe redness, blistering, prolonged irritation, or signs of infection**, contact our office immediately.

Follow-Up Care & Contact Information:

*For any questions or concerns, please **contact us at (949) 919-3834**.*